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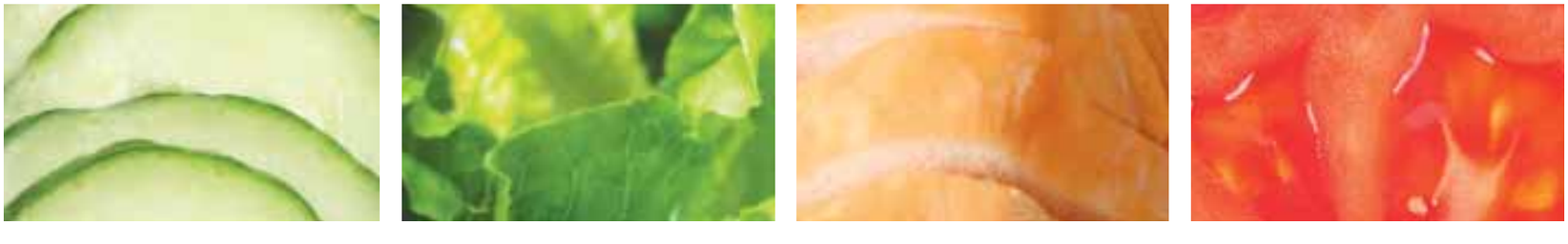

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PAGE 4

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HEALTH KNOW-HOW HITTING THE ROAD

Raegan Gardner, a flight nurse and clinical educator with the Shock Trauma Air Rescue Society (STARS) in Regina, says the organization's work with a mobile education unit will get a boost from $500,000 in funding from RBC Royal Bank announced on Tuesday. Story, page 3. ROSS ROMANIUK/METRO

Another link in Alzheimer's fight

Support centres. First Link program expanding to four additional cities thanks to funding increase from province

ALYSSA MCDONALD
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It's a long, confusing road for people living with Alzheimer's disease and similar forms of dementia. As the number of people affected rises in Saskatchewan, more help is on the way for patients and their families.

The Alzheimer Society of Saskatchewan will soon open four additional First Link program centres in Swift Current, North Battleford, Prince Albert and Weyburn to expand support for patients with that disease and with other forms of dementia.

"There are so many challenges with (the disease) — communications changes and daily living changes. What we help people to do is to understand those things," Joanne Bracken, CEO of the Alzheimer Society, said on Tuesday as the plan was announced in Regina.

The new centres — to be up and running by late this summer, possibly at regional health authority offices — will supplement existing First Link facilities in Saskatoon and Regina, providing information to patients and their families on how to approach and deal with dementia.

Quoted

"It's a disease that requires a lot of help. It's very hard on the family to see the person change in the ways that they do."

Saskatoon neurologist Dr. Andrew Kirk

"Often it's a caregiver changing what they are doing, to better be able to support the person with dementia," Bracken explained.

The organization took on 500 new patients last year, on top of the 2,000 people it had been serving. In 2012, more than 4,000 new cases of dementia were confirmed in people aged 65 or older in Saskatchewan.

"I see patients every day with dementia, and they are crying out for more information. They want to know more; they want to know what's ahead," said Dr. Andrew Kirk, a Saskatoon neurologist. "It's a great program to help people along that journey."

The program expansion is coming through a funding increase to $400,000 a year from the Saskatchewan government, which has so far given $50,000 to the society annually since 2009.

More than 18,300 people in Saskatchewan have dementia, and the number keeps growing.

"The aging population is the cause of the rise of the numbers," Kirk said, adding that various forms of dementia affect a range of ages.

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U.S. conference

Wall pitches carbon capture technology

Premier Brad Wall says the province has game-changing carbon capture technology and he's trying to sell the idea to the world.

Wall spoke Tuesday at an annual carbon capture conference in Pittsburgh.

The premier says there was keen interest in a project at the Boundary Dam power station near Estevan.

The plan there is to capture up to 90 per cent of CO2 emissions.

Most of the CO2 captured from Boundary is to be used to push more oil out of the ground in what's called enhanced oil recovery.

Wall says Saskatchewan wants to sell the technology and some "large players" at the conference are interested.

Carbon capture involves gathering carbon dioxide from power plants and injecting it deep into porous rock formations so it doesn't add to greenhouse gas emissions.

THE CANADIAN PRESS

Bloodsuckers ahead

Tick season off to late start in Sask.

Despite being delayed by a long winter and cool spring, Saskatchewan is entering its tick season, and experts say it's important to protect yourself against the bloodsuckers.

Philip Curry, a zoonotics disease consultant with the provincial government, said a number of factors can affect tick abundance while numbers vary year to year. But after about six months of being buried under snow, they're out and looking for blood.

Ticks are coming!
FLICKR/E_MONK

"There's been an abundant snow pack, so they would have been in the leaf litter and dead grass under the snow, probably surviving quite well," Curry said.

Tick season usually peaks from mid May into late June, and Curry said people will have plenty of run-ins with them during the long weekend.

METRO

Mayor Michael Fougere makes closing remarks at Regina's housing summit. METRO/JEFF MACKEY

New housing committee formed

Goal. The group will aim to bring vacancy in city up to 3% by 2017

JEFF MACKEY
jeff.mackey@metronews.ca

The city is hoping it has its foot in the door when it comes to finding housing solutions.

Tuesday was the second and final day of the Mayor's Housing Summit. The event, which examines issues surrounding housing, brought in speakers and stakeholders from across the country.

Regina Mayor Michael Fougere concluded the event by announcing the creation of a permanent committee on housing. The committee would be dedicated to the city's goal of bringing its overall housing vacancy up to three per cent by 2017, from the current level of less than one per cent.

"This is a way to keep this a priority on council to make sure we adapt and be nimble in the way we respond to housing conditions," Fougere said after the summit. "It is the first step to really responding to some of the things we have heard about over the last couple days."

Though exact details regarding the committee's mandate or composition were not forthcoming, the province has been invited to join it and the Federation of Canadian Municipalities is also supportive of the initiative.

Also announced at the summit is a pending sale of nine lots and two former bus turnaround sites by the city of Regina to non-profit housing providers.

"We have a lot of lots around the city that are orphan lots," said Fougere. "We are walking the walk, we are trying to show that we are serious about doing this."

During the summit, innovation came to the fore when ideas like pocket suites — two-storey apartments with eight self-contained suites that look like single-family homes — and housing made from recycled shipping containers were discussed.

Other themes included sustainability in the non-profit housing sector, as well as human rights and housing.

Quoted

"This is a way to keep this a priority on council to make sure we adapt and be nimble in the way we respond to housing conditions."

Mayor Michael Fougere

Rural first responders get boost

Rural emergency responders in Saskatchewan are poised to get more hands-on training from STARS medical transport teams, following a bank's donation of a half-million dollars for the work.

RBC Royal Bank announced on Tuesday that it's donating $500,000 to the Shock Trauma Air Rescue Society (STARS) for development of a mobile education and training initiative for Saskatchewan and Manitoba.

"You can see the impact they have on the lives and the communities," David McKay, RBC Group's head of personal and commercial banking, said at a STARS hangar near Regina International Airport.

The money, he said, will be split equally between the STARS training programs in both provinces and go toward a mobile training unit — a sort of emergency response education centre on wheels.

"I think it will be based here in Regina, and available to all those communities," McKay explained while a STARS mobile unit from Calgary was at the hangar as an example.

"It's a unit used to travel into communities to train medical practitioners."

Raegan Gardner, a STARS flight nurse and clinical educator based in Regina, said the organization — which has helicopters for medical transports in Regina, Saskatoon and Winnipeg, as well as others in Alberta — has much to offer emergency medical crews in rural areas.

"We'll come out free of charge. We'll bring our trained facilitators and debriefers, and physicians when they're available. And we'll run multiple scenarios for them," Gardner explained.

"That might be trauma, it might be about cardiac and heart attack patients, maybe for farming accidents, or it could be for children who are in medical emergencies. It really depends on what the community is looking for."

ROSS ROMANIUK/METRO

Test drive ended in killing: Cops

Ontario man found — dead. Murder to be added to charges as more suspects sought

Police probe the death of Tim Bosma, inset with his wife, Sharlene, at a rural southern Ontario property. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE, INSET: FACEBOOK

A 32-year-old father from Hamilton, Ont., who took two men for a test drive last week in a truck he posted for sale was killed that night, police allege, though it's a mystery why.

Tim Bosma's body — "burned beyond recognition" — was found in the Waterloo Region, about 50 kilometres from his home, police said on Tuesday.

A Toronto man is under arrest and was set to be charged on Wednesday with first-degree murder, Hamilton police Det. Sgt. Matt Kavanagh said. Investigators were looking for at least two other suspects.

Dellen Millard, 27, was arrested on Friday and is already charged with forcible confinement and theft over $5,000. His lawyer has said he will dispute the charges.

Police were searching two properties Tuesday in the Waterloo area that are owned by Millard, including an airport hangar and a farm. Officers combed the grounds of the farm on foot and on horseback.

Bosma, described as a church-going family man not previously known to police, vanished on May 6 after leaving his home in his pickup truck with two men. The second man police were seeking was described as white and in his early-to-mid-20s.

Police said they were also looking for at least one more person, as video evidence shows another vehicle following Bosma's pickup truck when he left on the test drive, Kavanagh said. Police weren't able to make out the model from the footage, only that it is an "SUV-type vehicle."

A Toronto man earlier took the same two suspects for a test drive of his own truck, also put up for sale online, police have said.

Police found Bosma's truck on Sunday parked in the driveway of Millard's mother's home in Kleinburg, north of Toronto. She has "absolutely no" involvement with the case, police said.

Search warrants were being executed on three vehicles, Kavanagh said. Auto squad investigators were also set to examine vehicles in the airport hangar, he said.

THE CANADIAN PRESS

Tuesday's unknowns

No official motive had been offered for Bosma's death.

- Police said there was "no connection whatsoever" between Bosma and the suspects before May 6.
- Police didn't yet know where Bosma was killed or when his body was burned, only that his remains were found in the Waterloo Region.
- The coroner's office had just been brought into the investigation and had not established the cause of death.

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Psychiatrist says she had no idea drugs were forced on teen

A psychiatrist teared up on Tuesday as she testified about watching video of prison staff injecting a troubled inmate over her objections.

Dr. Michelle Roy told the Ashley Smith inquest that she was dismayed to discover only recently a "huge" discrepancy between what a nurse described by phone and reality.

The inquest has seen Smith was not, in fact, out of control at the prison in Joliette, Que., when Roy prescribed a tranquillizer for Smith over the phone.

Prescribing by phone was a normal practice that relied on accurate information, Roy said.

In July 2007, a nurse at Joliette Institution for Women called Roy, saying that the teen, who had a propensity to self-harm, was apparently in a severely agitated state.

"She had objects in her vagina. She was bleeding. There was a possibility of electrocution," Roy testified.

Roy advised the nurse to put Smith in restraints, prescribed a powerful tranquillizer and recommended an exam at the general hospital.

"My expectation when I gave those orders was ... that this patient must be put on restraints immediately, and then offer her medication," Roy said.

Various nurses would call to say Smith was still extremely agitated — something not reflected in the prison video.

Over a 10-hour period, the psychiatrist ended up prescribing five sets of injections, believing Smith was accepting them voluntarily.

Roy said the only time she prescribed medicating Smith involuntarily was for a transfer flight, but even then only if the inmate was out of control. THE CANADIAN PRESS

Dr. Michelle Roy, a psychiatrist, works with some of the most dangerous prisoners in the country. THE CANADIAN PRESS

Misled?

"The situation that was described to me was a very severe agitation, that her life was in danger."

Dr. Michelle Roy, who prescribed tranquilizers for teen inmate Ashley Smith.

Waives appeal rights

Abortion doctor cuts deal to avoid a death sentence

A U.S. abortion doctor convicted of killing three babies born alive at his clinic dodged a possible death sentence Tuesday in a hasty post-verdict deal.

Dr. Kermit Gosnell, 72, waived his right to appeal in exchange for a sentence of life without parole. Gosnell's advanced age made it unlikely he would be executed before his appeals ran out. THE ASSOCIATED PRESS

Who has the gall?

Organ harvest one explanation for dead bear in trash

A Winnipeg car-wash employee got a hairy surprise on Sunday when he discovered a dead bear in his business's dumpster.

Najem Al Mehrib got in touch with Manitoba Conservation, who removed the bear. He said he was told the bear's pelt, head and feet were intact, leading to speculation the bear may have been hunted for its gallbladder. METRO IN WINNIPEG

Hadfield comes back to Earth as a star on the rise

A Canadian Odyssey. What's next for our national singing spaceman? Marc Garneau says the sky's the limit

What's next for Chris Hadfield, the Canadian supernova who made space sexy again?

Hadfield landed safely back on Earth Monday after five months at the International Space Station, tweeting, playing his guitar and explaining the mysteries of space by video.

Marc Garneau, who in 2000 was Canada's first astronaut to visit the space station, has some ideas. He says he wouldn't be surprised to see Hadfield follow his path into politics. Some have even suggested to him that Hadfield could become prime minister tomorrow if he wanted.

Chris Hadfield is pictured back on Earth after a five-month mission to the International Space Station. SERGEI REMEZOV/THE ASSOCIATED PRESS

"He's certainly a very popular figure," Garneau told Torstar News Service. "I've had numerous people say this to me. He has superstar status. I think he has the world by the tail."

It is more likely that Hadfield will first be courted by a number of organizations with requests for personal appearances, speaking engagements and even book offers.

Rocket Man

"He has superstar status. I think he has the world by the tail."

Marc Garneau on the popularity and future potential of Chris Hadfield.

The Calgary Stampede announced last week that Hadfield will be the 2013 Stampede Parade Marshal.

Garneau expects that Parliament will fete Hadfield at some point this year.

And he doesn't expect Hadfield's star to dim any time soon

Hadfield appears to be in a happy place with both feet on the ground, tweeting upon landing that he is happy to be back.

"Safely home — back on Earth, happily readapting to the heavy pull of gravity. Wonderful to smell and feel Spring."

TORSTAR NEWS SERVICE

Senate. Brazeau says he'll fight order to pay back $35,000

Patrick Brazeau says he broke no rules when he claimed almost $35,000 in a Senate housing allowance and he's exploring all options to overturn an order to pay the money back.

Brazeau, a one-time Conservative senator who now sits as an independent, was one of three senators ordered by the Senate's internal economy committee last week to repay inappropriately claimed housing allowances.

Brazeau notes that the committee ordered reimbursement despite the conclusion of independent auditor Deloitte that the Senate rules regarding primary and secondary residences are unclear.

Because of that lack of clarity, Deloitte couldn't conclude whether Brazeau, Conservative Sen. Mike Duffy or Liberal Mac Harb had violated the rules in claiming that their primary residences were outside the national capital region.

Sen. Patrick Brazeau
THE CANADIAN PRESS

Brazeau says he'll seek greater clarification of the committee's decision and try to have the ruling reversed.

Harb has already indicated he'll fight his repayment order in court; in March, Duffy voluntarily repaid just over $90,000 in housing allowances and related living expenses claims.

THE CANADIAN PRESS

Factory collapse

Loblaw to join Bangladesh factory safety pact

Loblaw Companies Ltd. said Tuesday it will sign a pact to improve fire and building safety in Bangladesh following the collapse of a factory in that country that killed more than 1,100 workers.

The company had items for its Joe Fresh clothing label made in the building.

"This decision reflects the company's pledge to stay in Bangladesh and underscores its firm belief that active collaboration by retail and manufacturing industries, government and non-governmental organization, is critical to driving effective and lasting change in Bangladesh," the company said in a statement.

THE CANADIAN PRESS

Market Minute

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TSX 12,577.05 (+47.50)

OIL $94.21 US (-96¢)

GOLD $1,424.50 US (-$9.80)

Natural gas: $4.02 US (+10¢)
Dow Jones: 15,215.25 (+123.57)

BlackBerry gambles on BBM growth

Orlando, Fla. Company makes its messaging service available on iOS, Android devices

BlackBerry CEO Thorsten Heins speaks at Tuesday's BlackBerry Live conference in Orlando, Fla. THE ASSOCIATED PRESS

BlackBerry came out swinging on Tuesday with a slate of announcements that included an expansion of its popular BlackBerry Messenger service to its competitors' devices and a new smartphone aimed at emerging markets.

Chief executive Thorsten Heins said the time was right for BBM, a key feature of BlackBerry smartphones, to be available on iPhones, iPads and Google Android devices as he kicked off the company's three-day BlackBerry Live conference.

"BBM actually was a key element of (why) people were going to BlackBerry," he said after the unveiling of the smartphone maker's latest plans.

"We feel this platform and its product are standing on its own legs. That is the time to release BBM to another level and really let BBM flourish on its own."

The move is a gamble for the company, which has many loyal users who have stuck with their BlackBerry devices just to keep access to BBM. But the messaging service has run into competition from other similar options like WhatsApp and Waterloo, Ont.-based Kik Messenger.

The BlackBerry Q5, which was announced Tuesday, will sport a physical keyboard and a 3.1-inch screen. It will be available in several colours including red, black, white and pink in selected markets in Europe, the Middle East, Africa, Asia and Latin America starting in July. THE CANADIAN PRESS

U.S. airlines bag $6B in fees

U.S. airlines raked in more than $6 billion US in baggage and reservation change fees from passengers last year, the highest amount since the fees became common five years ago. Passengers shouldn't expect a break any time soon. Those fees — along with extra charges for boarding early or picking prime seats — have helped return the industry to profitability. THE ASSOCIATED PRESS FILE

RBC Royal Bank

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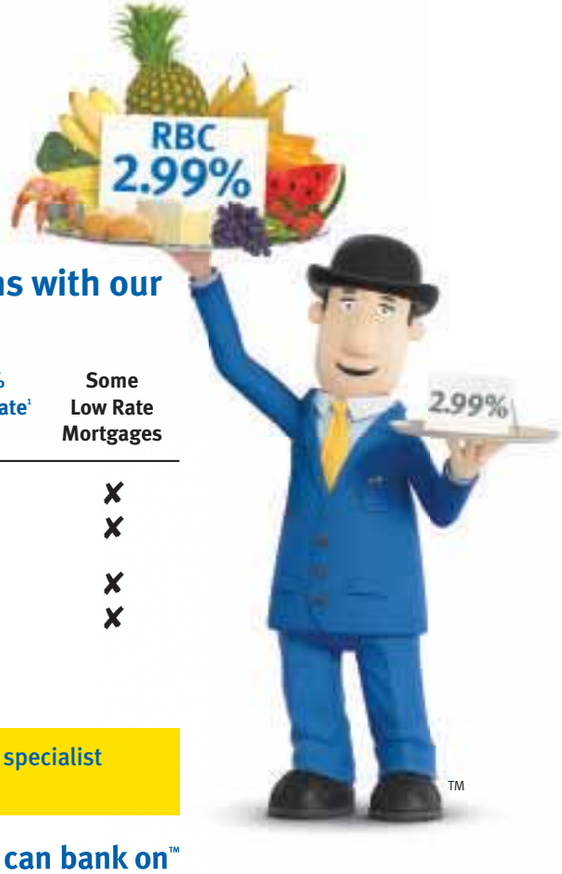

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TOO MUCH DINERO FOR GELATO

JUST SAYIN'

Paul Sullivan
metronews.ca

Beware the tourist trap. It can snag your wallet and never let it go.

In the tourist trap, it's always high season. Take the story of the four British tourists who stopped for an ice cream near Rome's Spanish Steps recently and paid the equivalent of $84 Canadian.

This should be the craziest thing you've ever heard, except it isn't.

I once paid 25 euros for a cup of coffee on the Champs-Élysées, le grand boulevard de Paris, and certainly le plus cher boulevard de Paris. That's about 33 bucks. It was a café au lait, after all. The waiter was outraged that I refused to leave a tip.

"Work it out," I said, "with the extortionist who owns this place," and stalked off.

I'm sure each of us has a horror story to share. As there are tourist traps right here in our own backyard, you don't have to go very far to get fleeced.

Every tourist trap has one thing in common. It's a must-see. You know what you're getting into, but who can resist Venice or Harrods or the pyramids along the Nile or any of the other legendary places that are part of the iconography of our lives?

"I went to Paris and didn't bother with the Champs-Élysées." I don't think so. Just try not to spend any money, which is almost impossible. Breathing the air costs beaucoup de euros.

Meanwhile, back at the world's most expensive ice cream parlour, the proprietors are defending the price, which comes to about $21 a dish. "That's about half a kilo of gelato," a manager who refused to be identified told an inquiring U.K. reporter. Well, all right then, what's the fuss?

Thankfully, the mayor of Rome was embarrassed and offered a personal tour of his city to the tourists, should they ever recover from the shock to their fiscal systems. You can just imagine: "Here's where I buy MY gelato…"

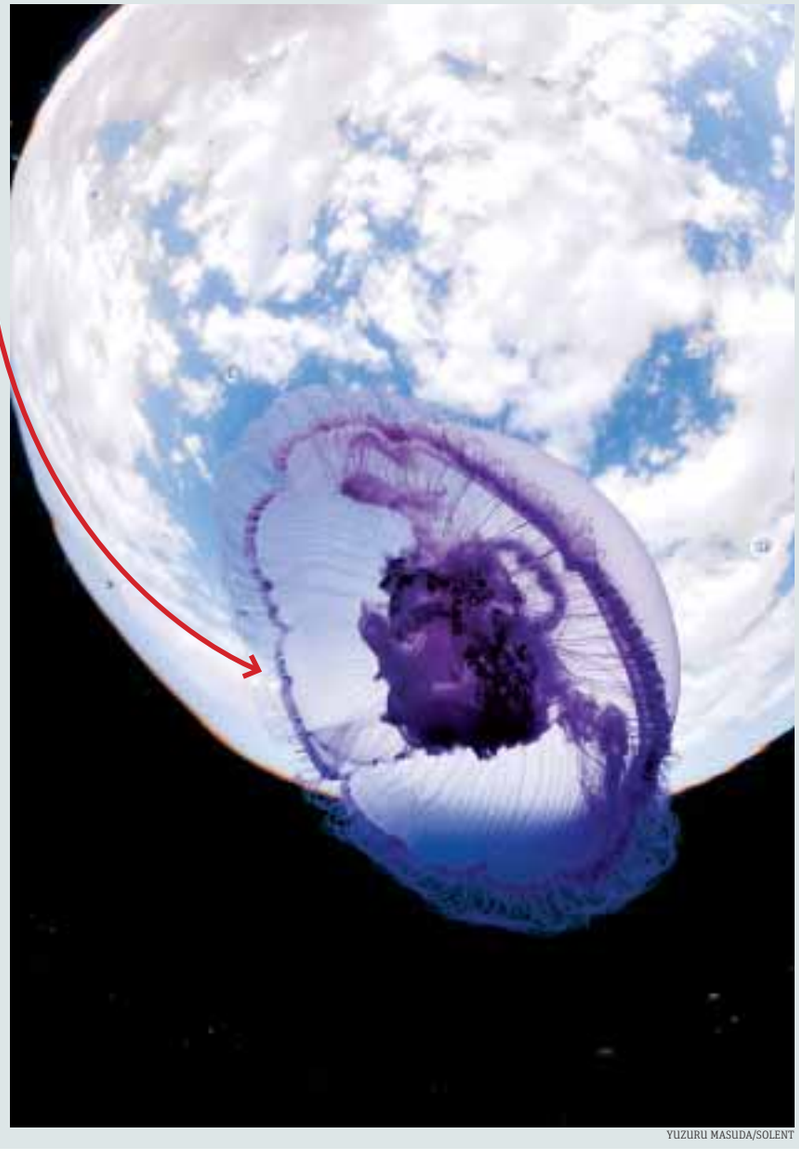
I guess you could argue that this, in the ancient language of Rome, is a case of caveat emptor. Nobody made those people buy the ice cream, and, in fact, the prices were posted — in mouse type. But tourism is hard work, and requires refreshment. And there's something nasty about squeezing the euros out of people who travelled halfway across the world just to visit.

While the mayor of Rome has the good sense to be embarrassed on his city's behalf, so far, I have yet to hear back from the mayor of Paris on the price of a cup of coffee.

Nor, I should add, has he apologized for the cost of the crepe smeared with a dollop of Nutella purchased atop the Eiffel Tower. You think he'd learn.

ZOOM

Seeing UFOs



YUZURU MASUDA/SOLENT

I don't think you're ready for this jelly

At first glance, it looks like a mysterious UFO approaching our planet — but this is closer to an unidentified floating object. This beautiful underwater image taken by photographer Yuzuru Masuda shows a moon jellyfish (aurelia aurita) drifting along in the Red Sea near Egypt, with the cloudy sky seemingly above it. **METRO**

It's floating

"To the naked eye underwater, the jellyfish appear a little more pink."
Yuzuru Masuda

Setting up to shoot

To create this rare photograph, Masuda first placed the dome port of his camera's underwater housing beneath the jellyfish. "Using the reflection on the dome port, I managed to snap this shot without causing big ripples on the calm surface," he says on his website. **METRO**

Click bait

ANDREW FIFIELD
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If you have a minute to spare, type "Atari Breakout" into Google's image search to see how gamer hearts were won this week.

But what to do when you're weary of the dated classic? Try taking these free games for a spin, one for the office and one for home.

Candy Box

Prediction: Your eyes will glaze as you watch a counter reward you with candy you can either eat or toss. Stupid, right? Not so fast. Soon you'll be tending lollipop farms and equipping your hero, who looks like this \o/, with swords and potions for epic ASCII RPG adventures. It all adds up to an indefensible addiction. (candies.aniwey.net)

Neverwinter

A recently launched free-to-play fantasy MMO that boasts an incredibly rich quest creation system that makes it an instantly more appealing time sink than the countless games like it. As an added bonus, the community is new enough to have not been overrun by jerks, so hop in early. (nw.perfectworld.com)

Twitter

@metropicks asked: A new report says Canada is giving up on trying to attract U.S. tourists. What tourists are your favourite?

@BrockbyBrock: We love Canadian Tourists here in Guernsey! They come to see General Brock's island home. http://www.isaacbrock.com

@nikolinapapa: I love European tourists! We don't have many though!

@karen_dorward: I have been asked where the floating mall is. According to tourist, the Rideau Mall floats up and down the canal.

@MolinaFacts: Mexicans because #Smallville was huge down there and they are so amazed when they see Van Tech High School or Cloverdale

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SCENE 2

Everyone can be a star now

Interview. Robert Kyncl, YouTube's global head of content, reveals the tools needed to propel you to celebrity status

ELISABETH BRAW
scene@metronews.ca

Even though he holds the keys to the future of entertainment, Robert Kyncl is a remarkably easygoing man. As global head of content at YouTube, Kyncl has successfully steered the company from being a depository for cat videos to a position as a media powerhouse.

What will entertainment's future look like? Metro met Kyncl, a former Czech top athlete with a ready laugh, for an exclusive interview at YouTube's Los Angeles office.

Is TV as a device dead?
No, but there are many other devices, what I call "work machines" — computers, phones, tablets, which are Wi-Fi-enabled and transmit video. Because of this, suddenly we've uncovered a lot of other consumption patterns and demand from consumers for content that doesn't fit the same format as the TV set.

Those changing habits, with viewers spending more time on homemade content, are also blurring the lines between consumer and producer. What does that mean for entertainment's future?
It just means that there are many more creators than in the past. In the past, the entire television industry was based on a closed system: a telecommunications company delivering the content to you into a device that was sitting in your living room. Today it's an open system, where anyone can deliver content to a device, and of course you can still view it on your TV set as well.

Robert Kyncl, the head of content at YouTube, told Metro how the site had changed the ways of the modern world. HANDOUT

How will all of this change our daily lives?
Look at mobile media consumption. For us at YouTube, in the past two years it has gone from six per cent of all of our consumption to 30 per cent. In some countries, like South Korea and Saudi Arabia, it's more than 50 per cent. Mobile devices are becoming the first screen instead of the second screen.

Is that good or bad?
I think it's a good thing. People used to sit around the TV and more or less be quiet. Today people are sharing — that means commenting and having conversations. People start these conversations in text form, but they'll very quickly move over to a live form. Of course, everything has to be in moderation. If everything you do all day is watch YouTube on your smartphone it's not very good.

How much YouTube do you watch everyday?
About half an hour. A couple of years ago it was less than five minutes a day.

What's the key ingredient to success in new media?
On the Internet, you can go directly to the consumer, but you have to do the other parts yourself: analyzing trends and your consumers and quantifying them.

This means that you have to be good in math. Your ability to, for example, expand your YouTube channel will rely on your ability to spot and measure trends with data. Creativity and analytical skills are a phenomenal mix.

So teenagers should brush up on their math?
That's what I tell my daughters every day. And science. And learn how to code!

What will be YouTube's hit shows of the future?
It's difficult to predict. There are shows on YouTube today that are getting audiences larger than shows on TV. But the mainstream audience doesn't know about it, which is why most people don't know about it. We just haven't told the world about it. But we're working on it.

This is Metro's final instalment in the series looking at the future of television.

HOW TO BECOME A YOUTUBE STAR

Vision
Have a vision and be passionate about it.

Flexibility
Be flexible and willing to fail. Fail often. On YouTube it doesn't even cost you anything to fail.

Expand
Expand your YouTube audience by connecting with them on other social media.

Feedback
Ask your audience for feedback. Be dependable but not predictable.

Fun
Remember that it's not just about money.

ADVICE BY LIAM COLLINS, HEAD OF YOUTUBE'S CREATOR SPACE

Justin Bieber

Thieves hit concert venue after Bieber show

Justin Bieber's tour is on hiatus until he hits San Diego next month, but the scandal-plagued international leg wouldn't be complete without one more hitch: After Bieber's last show in Johannesburg, the venue, FNB Stadium, was reportedly robbed, with thieves making off with more than $300,000 from Bieber's show and a Bon Jovi concert the previous night, according to Sky News. "The suspect had gained entry through the roof," a local police spokeswoman says. "They broke the tile ... of the bathroom between [Sunday] night after the concert and this morning." The stolen money had been secured in a safe prior to the theft.

Zoe Saldana

Saldana swings both ways

Zoe Saldana is keeping an open mind when it comes to a potential family. How open, exactly? She tells Allure magazine that she might "end up with a woman raising my children. That's how androgynous I am." That's rather progressive. But Saldana says — rather cryptically — that it's all about not taking things for granted. "If I have something good in front of me, it doesn't matter if it's a person of a pair of shoes," she says. "I'm not going to test something else. It's insecure and it's immature."

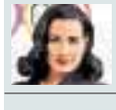
Angelina Jolie THE ASSOCIATED PRESS

Jolie reveals details on surgery to combat risk of breast cancer

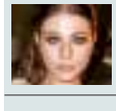
Angelina Jolie has taken to the New York Times to reveal that she recently underwent a preventative double mastectomy to combat her genetic risk for breast cancer.

"I choose not to keep my story private because there are many women who do not know that they might be living under the shadow of cancer," she writes. "I can tell my children that they don't need to fear they will lose me to breast cancer. It is reassuring that they see nothing that makes them uncomfortable. They can see my small scars and that's it. Everything else is just Mommy, the same as she always was. And they know that I love them and will do anything to be with them as long as I can. On a personal note, I do not feel any less of a woman. I feel empowered that I made a strong choice that in no way diminishes my femininity."

Twitter


@DitaVonTeese
Headed to the Cannes Film Festival this weekend.

@IJasonAlexander
Wise saying: A mind is a terrible thing to waste. But apparently, a gallbladder is expendable.


@RealMichelleT
I ain't afraid of no ghosts.

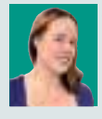
@SteveMartinToGo
Spent an afternoon with the President of the United States. That's right. I am now 24,434,432 in the in line of succession.

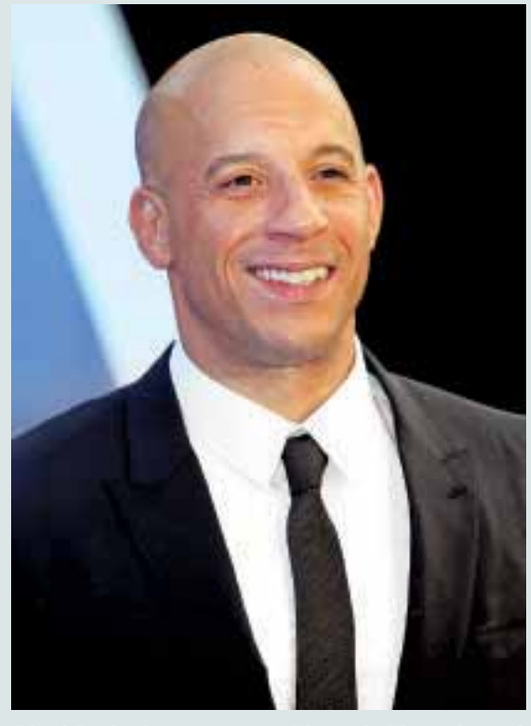
METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Vin Diesel: Facebook owes me


THE WORD
Dorothy Robinson
scene@metronews.ca



Vin Diesel has a bone to pick with Facebook.

The Fast & Furious 6 star is taking credit for making celebrity pages popular on the social network, as he was one of the first movie stars to interact with his followers.

"Facebook used to ask me to come up to their office to explain what the f-- I was doing and why I had so many fans. What was unique was I never let anyone do a post. I never let anyone post for me in the last four years," he tells Entertainment Weekly. "Facebook really owes me billions of dollars, but whatever."

The secret? Diesel really interacts with his Facebook fans. And Diesel's fans (41,621,431 likes as of press time) return the favour. They are known for creating truly amazing Vin Diesel Facebook art, many with "supposed" inspirational quotes by the actor super-imposed over photos of him. He calls these super-fanatical Diesel fans "Vinangels, Vingypsies, and the various nomadic tribes of the Underverse."

In other news, Vin Diesel is a total weirdo. I love it.

OZ Dr. Oz calls it:
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Mayday, mayday! Last minute long weekend

The first long weekend of the summer is upon us. If you weren't lucky enough to get the coveted cottage invite, fear not — there's plenty to do around Canada's biggest cities. Here's just a sampling of events and attractions to get you out and about this weekend.

METRO NEWS

Calgary

Get ready for a wild ride

Western Canada's largest outdoor amusement park opens its gates this weekend. With more than 30 rides on more than 90 acres of land, there's sure to be an attraction for everyone. You'll want to be the first to check out their new attraction: Cinemagic 3D. For more information visit calawaypark.com

Saskatoon

Take in some more hockey

Are you still craving more hockey even though the NHL playoffs are in full swing? Why not check out a game at the 2013 Mastercard Memorial Cup. The CHL round robin tournament begins May 17 and features the champion of the OHL, the WHL, the QMJHL and the host team. For tickets visit mastercard memorialcup.ca

Halifax

Haligonians head to market

Get a taste of the country at Hubbards Farmers' Market. Spend Saturday morning inspecting the wares of 40 local vendors who sell fresh seasonal produce, wine, coffee and fresh flowers. Local artisans and live music is also on hand. hubbardsbarn.org

ISTOCK

Vancouver

Grind it out on the west coast

If you've never attempted the Grouse Grind, this is your weekend. Lace up your hiking boots, grab a friend and tackle the 2.9 kilometre trail up the face of Grouse Mountain. Once at the top, enjoy the view, have some lunch and compare your time — it takes a novice hiker about two hours to complete the hike. grousemountain.com

Winnipeg

Hands up, baby, hands up...

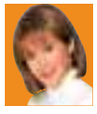
Prairie Dog Central Railway hosts a steam locomotive ride complete with a staged robbery. Keep an eye out for the train robbers on horseback and be prepared to take part in an old-fashioned "hands-up" robbery during the ride to Grosse Isle. Train departs at 11 a.m. on Sunday. For tickets and more information, visit pdcrailway.com

Toronto

Meet the pandas

After their long journey from China and their meeting with Prime Minister Stephen Harper, the Giant Pandas Er Shun and Da Mao are ready to greet visitors at the Toronto Zoo. The exhibit opens May 18. But don't worry if you can't make opening day — they'll be in Toronto for the next 10 years. torontozoo.com

That's apples and oranges — literally — in sour cream cake



ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

You can substitute the raisins for dried cranberries and apples for pears if desired

1. Topping: In bowl, combine brown sugar, pecans, flour, margarine and cinnamon.

2. Filling: In a bowl mix apples, raisins, sugar and cinnamon.

3. Cake: In food processor, beat together brown sugar, granulated sugar and oil. Add eggs, one at a time, beating well after each. Mix in orange zest and vanilla extract.

4. In a separate bowl, stir together flour, baking powder and baking soda. In another bowl, stir together orange juice and sour cream. Add flour mixture and sour cream mixture alternately to beaten sugar mixture, mixing just until blended. Spoon half of batter into prepared pan. Top with half of apple mixture. Spoon remaining batter into pan. Top with remaining apple mixture; sprinkle with topping.

5. Preheat oven to 350 F. Bake 45 to 50 minutes, in a 10-inch springform pan sprayed with vegetable spray, or until cake tester inserted in centre comes out clean. Cool on a wire rack.

ROSE REISMAN LIGHT VEGETARIAN COOKING (ROBERT ROSE) BY ROSE REISMAN

Ingredients

Topping
- 1/3 cup packed brown sugar
- 3 tbsp chopped pecans
- 1 1/2 tbsp all-purpose flour
- 2 tsp margarine or butter
- 1/2 tsp ground cinnamon

Filling
- 2 cups chopped peeled apples
- 1/2 cup raisins
- 1 tbsp granulated sugar
- 1 tsp ground cinnamon

Cake
- 2/3 cup packed brown sugar
- 1/2 cup granulated sugar
- 1/3 cup vegetable oil
- 2 eggs
- 1 tbsp grated orange zest
- 2 tsp vanilla extract
- 1 2/3 cups all-purpose flour
- 2 tsp baking powder
- 1 tsp baking soda
- 1/2 cup orange juice
- 1/2 cup light sour cream

Sour Cream Orange Apple Cake

This recipe serves 14. Each serving contains 284 calories and 9 grams of fat. MARK SHAPIRO, FROM ROSE REISMAN LIGHT VEGETARIAN COOKING (ROBERT ROSE)

Drink of the Week

Apple & Vanilla Collins

- 1.5 oz Luksusowa
- .75 oz lemon juice
- .50 oz vanilla syrup*
- .75 oz apple purée
- Top up: soda water
- Garnish: Lemon peel and apple wedge

Shake first four ingredients and pour into a highball glass filled with ice cubes. Top up with soda water and garnish.

Vanilla Syrup*
- 1 cup each sugar and water
- 1 tsp vanilla extract

In saucepan, bring sugar and water to boil. Reduce heat and simmer until syrupy, about 5 minutes. Add vanilla extract. Pour into jar.

COURTESY OF MACIEK STAROSOLSKI, GLOBAL BRAND AMBASSADOR, LUKSUOWA VODKA/ PHOTO: YBIMC

Dessert. Decadent Chocolate Cake

This recipe serves 12. NEWS CANADA

Ingredients

- 2 cups all-purpose flour
- 2/3 cup unsweetened cocoa powder
- 1-1/4 tsp baking soda
- 1/4 tsp baking powder
- 3 eggs
- 1-2/3 cups sugar
- 1 tsp vanilla extract
- 1 cup Hellmann's Real Mayonnaise
- 1 1/3 cups water

1. Preheat oven to 350 F (180 C). Grease and lightly flour two 9-inch/ 23 cm/ 1.5 L, round cake pans; set aside.

2. Combine flour, cocoa, baking soda and baking powder in medium bowl; set aside.

3. Beat eggs, sugar and vanilla in large bowl with electric mixer at high speed until light and fluffy, about 3 minutes. Beat in Hellmann's Real Mayonnaise at low speed until blended. Alternately beat in flour mixture with water, beginning and ending with flour mixture. Pour into prepared pans.

4. Bake 30 minutes or until toothpick inserted in centre comes out clean. Cool 10 minutes on wire racks; remove from pans and cool.

5. Frost with your favourite frosting or generously sprinkle with confectioners sugar.

NEWS CANADA/ FACEBOOK.COM/HELLMANNSCANADA

Identify your beef before going to battle

What's your type? Five strategies for solving your specific student conflict

SHAHEERAH KAYANI
TalentEgg.ca

If a tense situation is taking over your study sessions, it's time to plan out a pact. ISTOCK

In our day-to-day lives, we are all faced with various conflicts that we must deal with.

In the context of the school environment, you might have a falling out with someone in your class project group, or perhaps even with your teacher. Whatever the conflict may be, it must be resolved as soon as possible in a mature and effective manner so that the problem does not escalate.

Depending on the situation you are in, the other parties involved and what their needs and wants are, as well as where each party stands on the power spectrum and the urgency of the situation, there are a number of different handy conflict-resolution strategies that can be used to effectively mitigate and resolve the problem.

Read below to find out more about five common conflict resolution strategies that might be of use to you.

Competitive
This type of conflict-resolution strategy can be very useful if you are 100 per cent unyielding and unwilling to give in to the other party. But keep in mind that this strategy should only be used when you have a firm stand in the situation and you come from a position of power. Specifically, this strategy will be the most useful in times of emergency, where a decision regarding the most appropriate actions to be taken is required right away.

Collaborative
Collaborative conflict resolution comes in handy when you need to work together to meet the needs of all parties involved. In this type of conflict situation, a very high level of importance is placed on effective co-operation. Use this approach when you know you will be (or are likely to be) dealing with that party again.

Compromise
This type of conflict-resolution strategy should be used when you truly want to ensure that the solution will be satisfactory for all involved. In this scenario, each party involved must be willing to give in on some demands to come to the end solution.

Accommodate
This type of conflict-resolution strategy should be used when you are willing to meet the needs of others, but at your own cost. This strategy is not the overly-assertive type, but rather a more co-operative approach. Here, a very high level of importance is placed on achieving peace rather than winning.

The avoidance approach

This type of conflict-resolution strategy should be used when you simply want to avoid the conflict altogether.

- This is a good approach to use when you are just about at the end of your dealing with that party and will not have to deal with them again. Sometimes, the best thing to do is to simply keep your cool and avoid any problems altogether.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

Calm the cubicle storm

Get conflict resolution right. Ways to talk through the tornado that's been circling your office space

SHAHEERAH KAYANI
TalentEgg.ca

When someone showcases inappropriate behaviour, especially in a workplace setting, it can create a negative work atmosphere in which other co-workers feel uninterested to do their work and even customers don't want to deal with that particular business. Whether the need for the confrontation arises in a work or personal setting, here are handy tips on how you should go about confronting that certain someone:

Be objective
Don't let your emotions get in the way — stay both morally and emotionally objective.

Stay focused on the issue at hand
Always remain focused on the initial issue, and confront tihe person's behaviour.

Consistency
Try to be consistent in your approach and in what you do and say.

Laugh it up
It can be a very good idea to employ humour. This shows you are human and that you can make light of the situation. It's also a good way of cutting through the emotional tension.

NEED A RIDE?
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4 SPORTS

NHL playoffs

Pens power past Sens in Game 1

Paul Martin and Chris Kunitz scored power-play goals and Pascal Dupuis added his sixth goal of the playoffs and the Pittsburgh Penguins beat the Ottawa Senators 4-1 in Game 1 of the Eastern Conference semifinals on Tuesday.

Evgeni Malkin extended his points streak to seven games with a goal and an assist for Pittsburgh.

Colin Greening scored for the Senators.

Game 2 is Friday night.

THE ASSOCIATED PRESS

NBA playoffs

Pacers one win away from conference final

George Hill scored 26 points and Paul George added 18 points and 14 rebounds Tuesday night, leading the Indiana Pacers to a 93-82 victory over the New York Knicks and a 3-1 lead in the second-round series.

Indiana needs one more win to reach the conference finals for the first time since 2004. Game 5 will be Thursday night at Madison Square Garden.

NBA scoring champ Carmelo Anthony fouled out with 24 points. J.R. Smith had 19 on another dreadful night for the Knicks.

The game followed a familiar pattern. New York's shooting was off, Indiana had a huge rebounding edge and the Knicks couldn't challenge in the second half.

THE ASSOCIATED PRESS

Brent Parker addresses the media on Tuesday after it was announced he would be stepping down as president of the Regina Pats after 18 years with the team.
JEFF MACKEY/METRO

Brent Parker out as Pats president

WHL. 18-year member of team steps down; Chad Lang assumes some of vacated posts

Quoted

"He (Brent) wanted so much for this franchise to be successful both on and off the ice."

Pats owner Russ Parker during the announcement that his son, Brent Parker, was stepping down as team GM.

Pats president and former GM Brent Parker was given a teary goodbye on Tuesday at the Brandt Centre where it was announced that he would be stepping down after 18 years with the WHL team.

"I am really at ease with my decision, but when you pour that much into something over 18 years — it gets emotional," Parker said. "I was very proud to be a part of this organization; it never felt like a job."

Chad Lang was consequently named senior VP, governor and general manager of the Pats, taking over many of Parker's former responsibilities.

Parker's father and Pats owner Russ Parker made the announcement with his son and Lang by his side.

"He (Brent) wanted so much for this franchise to be successful both on and off the ice," Russ Parker said. "I know he is disappointed … but at the same time, I think going forward for him personally, this is the best thing to do."

Brent Parker said there was no single reason why he chose to leave the franchise but a combination of factors. Poor relations with Brandt Centre ownership, the pains of having a negative reputation among some in the community and the stress of the job were among the reasons Brent listed for leaving.

"The fun had left and it was time," said Brent who said that the departure of head coach Pat Conacher a week earlier did not factor into his decision.

JEFF MACKEY/METRO

Net gain: Smith makes case for Olympics

With his play at the IIHF World Championship, Mike Smith is making his case to make Canada's next Olympic team. THE CANADIAN PRESS FILE

Mike Smith has gone from a goaltender no NHL team wanted to a candidate for Canada's next Olympic team.

The 31-year-old from Kingston is currently clearing a hurdle to making it to the Sochi Games — a lack of international hockey experience.

Smith was Canada's starter in the key games of the preliminary round at the IIHF World Championship. The Phoenix Coyotes goalie posted a 33-save shutout against Sweden, who Canada will face again in Thursday's quarter-final.

He also made 24 saves in a 2-1 win over the Czech Republic. In his world championship debut, Smith had 26 saves in regulation and six of eight in a 3-2 shootout loss to the Swiss.

"You dream to play for your country, whether it's in the world championships or the Olympics or whatever the tournament is," Smith said. "It's a great opportunity to showcase what I can do over here on the international stage and hopefully I can turn some heads."

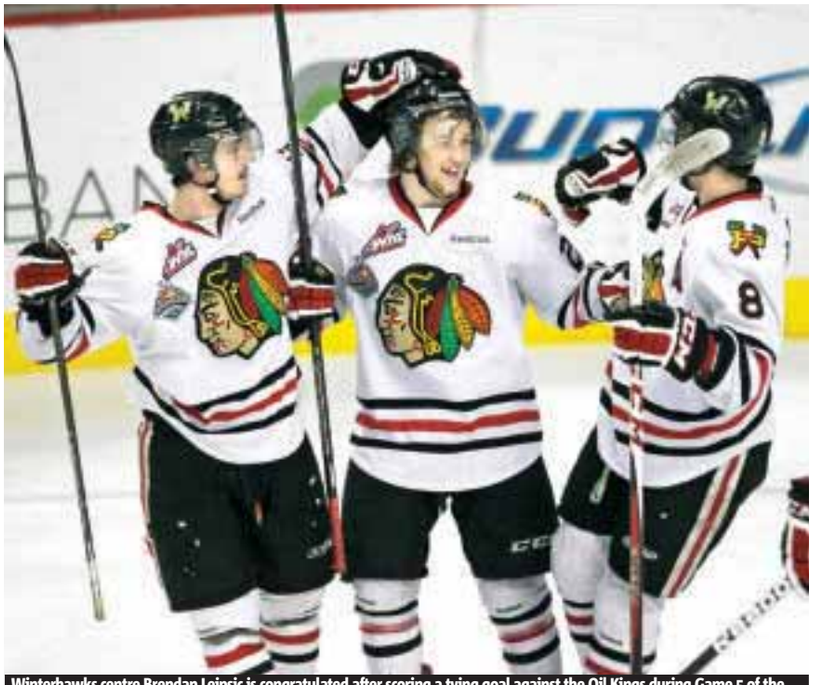
Slow and steady

"It was an endurance race for me. Not a sprint."

Goaltender Mike Smith was drafted 161st overall by the Dallas Stars and spent his first half-dozen years as a pro in the minors, but has found success since joining the Phoenix Coyotes in 2011.

THE CANADIAN PRESS

Resilient Winterhawks get last laugh



Winterhawks centre Brendan Leipsic is congratulated after scoring a tying goal against the Oil Kings during Game 5 of the WHL finals on Friday in Portland, Ore. The Oil Kings won 3-2 in overtime. DOUG BEGHTEL/THE OREGONIAN/THE ASSOCIATED PRESS

WHL finals celebration. Portland uses season's adversity to fuel redemptive victory versus Edmonton

Hit with unprecedented penalties by the Western Hockey League back in November, the Portland Winterhawks not only prevailed, they won the junior hockey league's championship.

"We could have used it as an excuse to wipe away the season," Dallas Stars prospect Taylor Peters said of the sanctions, which included the suspension of the team's head coach for the balance of the season. "But we used it as fuel."

The Winterhawks claimed the Ed Chynoweth Cup with a 5-1 Game 6 victory over the Edmonton Oil Kings on Sunday. Ty Rattie had a hat trick in the deciding win.

On Tuesday, thousands of fans came out as the city celebrated the title with a noontime rally. Many supporters sported T-shirts reading "Portland Strikes Back."

The championship — and the cheers — were sweet revenge for the Winterhawks, who in November got hit with stiff penalties by the league for player-benefit violations. The WHL took away several draft picks and fined the team $200,000, in addition to suspending Winterhawks coach and general manager Mike Johnston for the rest of this season.

What the Winterhawks took issue with was the severity of the penalties, including Johnston's banishment.

Johnston wasn't allowed contact with the team during the season, but he was granted permission from the league to meet the Winterhawks on Sunday night when they landed in Portland after winning the championship.

THE ASSOCIATED PRESS

Keeping his seat warm

"Just having him around and able to enjoy this with the rest of us is important."

Assistant GM and assistant coach Travis Green on GM and head coach Mike Johnston.

The violations

The Winterhawks acknowledged some of the league's findings, which included:

- Over the last five years, seven families were provided flights two-to-four times per season based on financial need and their distance from Portland.
- Twice in the last five years the team paid for two players to each have a one-week summer training regimen.
- The Winterhawks provided a cellphone for their team captain for a period of three seasons.

Algae: The sublime green slim

Autopilot. It may cling to seaside rocks but it also eats carbon and makes a lot of bio fuel

AUTO PILOT
Mike Goetz
drive@metronews.ca

The demonstration scale algae refinery near Bonnyville, Alberta. HANDOUT

Mention algae today and one adjective invariably comes to mind: delicious.

But, seriously, down the road a bit, algae might be better known as a transportation bio-fuel, especially if Canada's National Research Council (NRC) has its way.

NRC recently teamed up with a few savvy industry partners to build a demonstration-scale "algan refinery" near Bonnyville, Alta., in the heart of oil-sands country.

People have long known about the bio-fuel potential of algae — it grows super fast, and it is comprised of a lot of natural oil (about 30 per cent by mass).

But this project is notable on two fronts: the way it is integrated into other industries and the size of its cultivation pot — 100,000 litres.

Give us your unwanted carbon

The project is officially known as the Algan Carbon Conversion Project. The pilot plant will be attached to another plant, part of the operations of Canadian Natural, an independent crude oil and natural gas producer. The plant has an impressive final emission stack. Like all plants, algae love carbon dioxide — it's what they breathe. So they love that emission stack. Previous efforts to commercialize bio-fuel from algae were evaluated on the bio-fuel alone, says Aleks Patrzykat.

"The idea here is to have an algan plant that will capture carbon dioxide from industrial emissions."

Big pots equal big volume

The algae will be grown in one of the biggest pots ever devoted to algae production. Patrzykat says the 100,000-litre cultivation vessel should be the same large size employed by future algae bio-fuel production plants. They would just have lots of them, instead of just the one. Such a vessel full of algae would net out about 10 per cent bio-fuel, or 10,000 litres. The rest of the biomass might be messy but still good, says Patrzykat, noting that depending on local circumstances, it could be used for cattle feed or fertilizer. For the record, Patrzykat is not sure how cattle feel about the taste of algae. Since it would be used more as a protein supplement for cattle feed, my guess is that the algae flavour would be subtle, like a herb.

The more important point, says Patrzykat, is that the bio-mass be something that can be used by the local economy, so you don't spend a lot of energy moving it around. It's bulky stuff. Same for the carbon dioxide going into the system; CO_2 is expensive to store and transport.

Making a Dent

Usually when a new alternative fuel technology and/or fuel source comes along it's great news, but news always tempered with the reality that we use more than three trillion litres of petroleum products each and every day! Canada uses about 81 million litres a day. Excuse me for stating the obvious, but that's a lot of petroleum. How do you replace those kinds of trillions and millions of litres? Maybe you start with bio-fuel made from algae feedstock. "Say in 50 years, we have a plant in each location, where it would be viable," says Patrzykat. "That would be enough plants to take care of 20 per cent of Canadian industrial emissions… It would also give you 6.2 billion litres of fuel. If it were jet fuel, that would be enough to fly WestJet and Air Canada for a year."

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9.5L/100 KM 30 MPG CITY**
6.3L/100KM 45MPG HWY**

WELL-EQUIPPED FOR ONLY $139† @ 3.99% APR

Financed bi-weekly for 72 months with $1,750 down.
Offers exclude freight and air tax.

CASH PURCHASE FOR $20,999*

THE ALL-NEW 2013 FUSION S

TOP SAFETY PICK+
Built after December 2012

WELL-EQUIPPED FOR ONLY $136† @ 1.49% APR

Financed bi-weekly for 72 months with $1,750 down.

CASH PURCHASE FOR $21,999*

5.8L/100KM 49 MPG HWY**
9.2L/100KM 31 MPG CITY**

Offers exclude freight and air tax.

2013 F-150 SUPER CAB XLT 4X4 5.0L

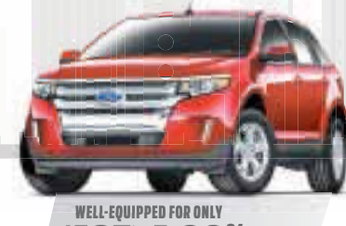
LEASE FOR ONLY $269† @ 0.99% APR

for 24 months with $2,250 down.

OR STEP UP TO A SUPER CREW FOR $13 MORE A MONTH

Offers include $9,250 in manufacturer rebates and exclude freight and air tax.

2013 EDGE SEL FWD



TOP SAFETY PICK

WELL-EQUIPPED FOR ONLY $185† @ 1.99% APR

Financed bi-weekly for 72 months with $1,750 down.

CASH PURCHASE FOR $28,999*

6.6L/100KM 43MPG HWY**
9.9L/100KM 28MPG CITY**

Offers include $3,750 in manufacturer rebates and exclude freight and air tax.

COSTCO WHOLESALE & ELIGIBLE COSTCO MEMBERS RECEIVE AN ADDITIONAL $1,000^^ ON MOST NEW 2013/2014 MODELS

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Vehicle(s) may be shown with optional equipment. Dealer may sell or lease for less. Limited time offers. Offers may be cancelled at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. For factory orders, a customer may either take advantage of eligible Ford retail customer promotional incentives/offers available at the time of vehicle factory order or time of vehicle delivery, but not both or combinations thereof. ^ Until May 31, 2013, receive 0% APR purchase financing on new 2013 Ford (C-MAX, Edge (excluding SE)/ Fusion, Escape (excluding S)) Focus (excluding ST and BEV)), models for a maximum of [48]/[60]/[72] months to qualified retail customers, on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest interest rate. Example: $25,000 purchase financed at 0% APR for 48/60/72 months, monthly payment is $520.83/ $416.66/ $347.22, cost of borrowing is $0/ $0/ $0, Down payment on particular financing offers may be required based on approved credit. Taxes payable on full amount of purchase price. Purchase a new 2013 [Fusion S/ Escape S FWD/ Edge SEL FWD/ F-150 Super Cab XLT 4x4 5.0L/ F-150 Super Cab XLT 4x4 5.0L] and get [$1,000/$2,000/$2,500/$3,000/$3,500/$4,000/$4,500/$5,000] in manufacturer rebates, applied to purchase price. Rebate amount is based on model and may be subject to change. Rebate amount will be deducted from the purchase price before taxes are calculated. Rebate amount may be taken into account in determining the lease payment. Rebate amount is not available on lease or finance offers. Offer is based on purchase price. Taxes payable on full amount of purchase price. Example: $25,000 purchase financed at [1.49%/3.99%/ 1.99%] APR purchase financing on new 2013 [Fusion S/ Escape S FWD/ Edge SEL FWD] models for a maximum of [72] months to qualified retail customers, on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest interest rate. Get the above for [$21,999/$20,999/$28,999] purchase financed at [1.49%/3.99%/ 1.99%] APR for [72] months, with [$1,750] down payment, monthly payment is [$294/$330/$402] after Total Manufacturer Rebate of [$0/$0/$3,750] deducted, (the sum of twelve (12) monthly payments divided by 26 periods gives payee a bi-weekly payment of [$136/$139/$185]), interest cost of borrowing is [$967/$2,435/$1,611] or APR of [1.49%/3.99%/ 1.99%] and total to be repaid is [$22,966/$23,434/$30,610]). Down payment may be required based on approved credit from Ford Credit. All purchase finance offers exclude freight and air tax. ($1,600) license, fuel fill charge, insurance, dealer PDI, registration, PPSA, administration fees, any environmental charges or fees, and all applicable taxes. Taxes are payable on the full amount of the purchase price. † Until May 31, 2013, lease a new 2013 (F-150 Super Cab XLT 4x4 5.0L/ F-150 Super Crew XLT 4x4 5.0L) and get [0.99%] APR for up to [24] months on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest APR payment. Lease the above with a value of [$27,099/$29,099] at [0.99%] APR for up to 24 months with [$2,250] down or equivalent trade in, monthly payment is [$269/$282]. Total lease obligation is [$9,706/$9,091] optional buyout is [$18,616/$20,550]. Cost of leasing is [$423/$469] or [0.99%] APR. Taxes payable on full amount of lease financing prior after Total manufacturer rebate of [$9,250] has been deducted. Offers exclude freight and air tax $1,600, license, fuel fill charge, insurance, dealer PDI, registration, PPSA, administration fees, any environmental charges or fees, and all applicable taxes. Taxes are payable on the full amount of the purchase price. Example: $25,000 purchase financed at [0.99%] APR for up to 24 months with a Costco membership on or before March 31, 2013. Use this $1,000CDN Costco member offer towards the purchase or lease of a new 2013/2014 Ford vehicle (excluding Fiesta, Focus, C-Max, Raptor, GT500, Mustang Boss 302, Transit Connect EV & Medium Truck) (each an "Eligible Vehicle"). The Eligible Vehicle must be delivered and/or factory-ordered from your participating Ford dealer within the Offer Period. Offer is only valid at participating dealers, is subject to vehicle availability, and may be cancelled or changed at any time without notice. Only one (1) offer may be applied towards the purchase or lease of one (1) Eligible Vehicle, up to a maximum of two (2) separate Eligible Vehicle sales per Costco Membership Number. Offer is transferable to persons domiciled with an eligible Costco member. Offer is not combinable with any CPA/GPC or Daily Rental incentives, the Commercial Upfit Program or the Commercial Fleet Incentive Program (CFIP). Applicable taxes calculated before $1,000CDN offer is deducted. Dealer may sell or lease for less. Limited time offer, see dealer for details or call the Ford Customer Relationship Centre at 1-800-565-3673. †† Until May 31, 2013, receive $750/$3,750/$3,250 in Manufacturer Rebates with the purchase or lease of a new 2013 Focus (excluding S, ST, and BEV)/Edge FWD (excluding SE)/ F-150 Super Cab and Super Crew 5.0L - all Raptor, GT500, BOSS302, and Medium Truck models excluded. Manufacturer Rebates are not combinable with any fleet consumer incentives. **Estimated fuel consumption ratings for the 2013 Ford (Fusion FWD 1.6L-14/ Escape FWD 2.5L-14/ Edge FWD 2.0L -14 GTDI/ F-150 4X4 5.0L-V8 6 Speed Auto). Fuel consumption ratings based on Transport Canada-approved test methods. Actual fuel consumption will vary based on road conditions, vehicle loading and driving habits. ± F-Series is the best-selling pickup truck in Canada for 47 years in a row based on Canadian Vehicle Manufacturers' Association statistical sales report, December 2012. ©2013 Sirius Canada Inc. "SiriusXM", the SiriusXM logo, channel names and logos are trademarks of SiriusXM Radio Inc., and are used under licence. ©2013 Ford Motor Company of Canada, Limited. All rights reserved.

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
Treat life as one big party and that is exactly what it will be, to you at least. Actually it's you who is the party — wherever you go fun and laughter goes.

♉ Taurus
April 21 - May 21
You need to develop a more detached view of possessions. What happens over the next few days will make you realize that there are many more important things in this life than dollars and cents.

♊ Gemini
May 22 - June 21
With Mercury, your ruler, moving into your sign today, you won't lack for ideas or the energy necessary to carry them out. Don't try to change the world: just do one little thing better than everyone else.

♋ Cancer
June 22 - July 23
You must not allow yourself to get depressed, no matter how disheartening the news may be. The key to happiness and success is your imagination: Take negative emotions and use them in positive ways.

♌ Leo
July 24 - Aug. 23
There is a lot you can do to change people's attitudes but that does not mean you will succeed. You have a right to have your say, but others have the right to disagree.

♍ Virgo
Aug. 24 - Sept. 23
As you think so you are, so think only positive thoughts today and watch in amazement how quickly and easily your dreams come true. Make sure important people know what you can do.

♎ Libra
Sept. 24 - Oct. 23
Don't waste time asking friends if they approve of what you intend to do: just do it and let them take it any way they want. The time has come to be decisive. Yes, you can do it!

♏ Scorpio
Oct. 24 - Nov. 22
You will be at your most resolute today. You won't let anyone stop you from following your star. Just make sure your aims are not too outrageous. Listen to expert advice, and maybe act on it.

♐ Sagittarius
Nov. 23 - Dec. 21
There is no way you can avoid facing the harsh truth about a partnership or friendship that is going through choppy waters at the moment. Once that truth has been faced though you can start making positive changes.

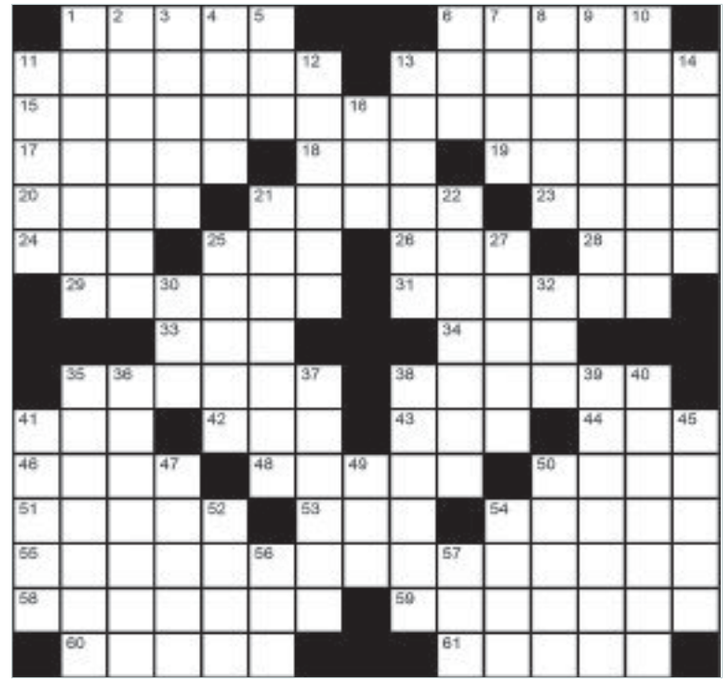
♑ Capricorn
Dec. 22 - Jan. 20
You may think you can push yourself beyond your usual limits with no ill effects but common sense says otherwise. If you don't listen, you may have to deal with an unexpected wellbeing issue.

♒ Aquarius
Jan. 21 - Feb. 19
Something you have been wishing for no longer looks so unlikely and over the next few days you can take giant steps towards making it a reality. All things are possible.

♓ Pisces
Feb. 20 - March 20
Some kind of showdown is likely today but that's good because the air needs to be cleared. Once it is done, make clear to loved ones you don't hold a grudge. SALLY BROMPTON

Crossword: Canada Across and Down

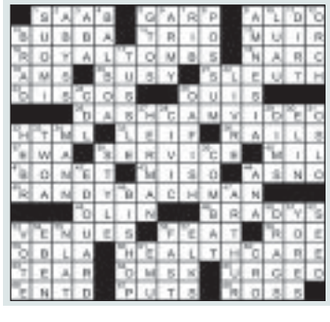
BY KELLY ANN BUCHANAN



Across
1. __ metal
6. Goes to the mall
11. Villain's strategies, perhaps
13. Tommy __ (Kiefer Sutherland's grandfather who was Premier of Saskatchewan)
15. "O Canada" verse: "__ __ __ in all thy sons command."
17. Diamonds, informally
18. Granny, in Germany
19. Grand __ National Park, Wyoming
20. Classes
21. "Jeez! I have no idea."
23. Take aback
24. Completely
25. Beach shelter
26. Retro albums, e.g.
28. Time division
29. Kinds of cars
31. Ally of "The Breakfast Club" (1985)
33. One official lang.
34. Building extension
35. Make less strong
38. Says something is so
41. The 21st, e.g.
42. Cry
43. G'days
44. Cable channel
46. Ill-considered, as a decision
48. Golden gymnast at Montreal's 1976 Olympics, Ms. Comaneci
50. Dull
51. __. __. (Periodic table figs.)
53. "Aaaii-__!!" (Comic book scream)
54. Word form for 'Nerve'
55. Canadian __ __ __ and Freedoms
58. Pre-popped popcorns
59. Woeful story: 2 wds.
60. "Touched by an Angel" star Della
61. Pretty perennial

Down
1. Dead Sea __
2. Have a little laugh
3. Is in need of Febreze
4. Rocker's li'l speakers
5. One of some in a Green Giant can
6. "Wellll...?"
7. Sci-Fi character, Jabba the __
8. Stares
9. Secretly planned
10. Appetizing
11. Narrow groove
12. Pub's servings of Guinness
13. Actresses Lane and Ladd
14. Medicinal plant
16. Watergate President's monogram
21. Castle's prison
22. She whom Hamlet courts
25. Moviedom's Tom
27. Ms. Ward of TV, and others
30. Narcotics-fighting agcy. in The States
32. Mr. Roth
35. The __ Network (Canadian forecast channel)
36. Catch
37. Pro basketball players
38. Bosses
39. "The medium is the message." - Marshall __
40. In a clever manner
41. Sidewalk sight
45. Late-'60s hit: "__ Were the Days"
47. Sir William Cornelius Van __ (Canadian Pacific Railway bigwig in the 1800s)
49. __ volente (God willing)
50. "I __ __ differ..."
52. Jeanne d'Arc, et al.
54. Brood of pheasants
56. 'Client' suffix (Patronage)
57. Music genre

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	9		7			1	3	
2				8		6		4
5				1				
	6	3			7		4	
				3				
	8		4			2	1	
				9				7
9		2		5				8
	5	4			6		9	

Yesterday's Sudoku

3	9	4	2	6	7	1	8	5
1	6	2	3	8	5	9	4	7
8	5	7	9	4	1	2	3	6
4	1	5	7	9	2	3	6	8
9	7	3	6	5	8	4	1	2
6	2	8	4	1	3	5	7	9
2	8	6	5	3	4	7	9	1
5	3	9	1	7	6	8	2	4
7	4	1	8	2	9	6	5	3

Today
23°/10°
Partly cloudy
Thursday
23°/15°
Cloudy
Your #1 weather forecast now available in HD.
HD
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